



**QUARAN-TEEN-ED: APART BUT NOT ALONE:**

# **ATTENTION NJ HIGH SCHOOL STUDENTS ENTER THE SCHOOL HEALTH NJ QUARAN-TEEN-ED PSA CONTEST!**

**FOR A CHANCE TO WIN A \$400 PRIZE!**

**MAY IS MENTAL HEALTH AWARENESS MONTH.** DURING THIS TIME OF SOCIAL DISTANCING, IT IS IMPORTANT TO REMEMBER THAT WE MAY BE APART RIGHT NOW, BUT WE ARE NOT ALONE. WE WANT TO HEAR FROM YOU ABOUT HOW YOU ARE COPING AND KEEPING YOUR MIND AND BODY HEALTHY.

EXPRESS YOUR CREATIVITY BY ENTERING THE QUARAN-TEEN-ED CONTEST.

YOUR PSA WILL HELP TO PROVIDE SUPPORT FOR YOUTH WHO MAY BE GOING THROUGH A DIFFICULT TIME. WINNING ENTRIES WILL BE POSTED ON ALL OF OUR SOCIAL MEDIA OUTLETS!

## **REGIONS:**

**North:** Bergen, Essex, Hudson, Morris, Passaic, Sussex, Warren

**Central:** Hunterdon, Mercer, Middlesex, Monmouth, Ocean, Somerset, Union

**South:** Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester, Salem



## PRIZES\*

OVERALL STATE WINNER: \$400  
REGIONAL WINNERS: \$200  
OVERALL STATE RUNNER-UP: \$150  
REGIONAL RUNNERS-UP: \$100

\*ONLY ONE PRIZE PER PERSON

\*THERE WILL BE 1 WINNER AND 1 RUNNER UP FOR THE STATE &  
1 WINNER AND 1 RUNNER UP FOR EACH REGION.

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## Eligibility:

To participate in this contest, you must be currently enrolled in a high school (9th, 10th, 11th, or 12th grade) in New Jersey and submit ONE entry from a category listed below.

## Judging:

Winners will be chosen by  
regional community leaders & our celebrity judge,  
Joetta Clark Diggs, Four-Time Olympian and Author

**Deadline for Submission:** Sunday, May 31, 2020 by 10 PM.

***Winners will be announced on June 8, 2020.***



creative

supportive

thankful

# Project Criteria

**The goal of this contest is to:**

- Promote mental wellness and support those who may be going through a difficult time.
- Create a Public Service Announcement (PSA) that will convey what it feels like to be a Teen in NJ during this time of social distancing. How are you coping and getting through this? How do you focus on the positive? How do you support someone who is having a difficult time?

**There are three ways to enter:**

- Digital poster: size 11inch by 11inch (1080 X 1080 pixels) as jpg files
- Written piece: poem, short essay (300 words max), or lyrics as pdf files
- Video: 30 to 60 seconds as mp4 files
- Please Note: By submitting your entry you are acknowledging that everyone who appears in your submission has given consent of their participation.

## Messaging Guidelines

- Inclusion of the 2nd Floor Youth Helpline 888-222-2228 in the entries is **required**. Please visit <https://www.2ndfloor.org/> for more information.
- Provide accurate and factual information from reliable sources.
  - HINT- try using websites ending in .edu or .gov
- Promote positive coping strategies and positive messaging using the phrase **"Apart but Not Alone."**
- Do not display any negative images or phrases that may be harmful to youth (examples: negative stereotypes, self-harm behaviors, youth engaging in suicidal behaviors, weapons, drugs, etc.) Submissions that we receive that include negative/harmful messaging will be disqualified.
- We want to hear from you about how you are coping and keeping your mind and body healthy! Express your creativity by entering the Quarn-TEEN-ed Contest!

## Submissions

**All entries should be submitted as an attachment and emailed to [contest@empowersomerset.com](mailto:contest@empowersomerset.com)**

The email should include:

- A subject line formatted as follows: "County, Your Name, 'Contest Submission' "
- Your first and last name
- Name of your high school and your grade
- Project Title
- Contact phone number and email
- Parent or Guardian name and email/phone number to indicate approval

Any questions or concerns please email [contest@empowersomerset.com](mailto:contest@empowersomerset.com)

**DEADLINE FOR SUBMISSION: SUNDAY, MAY 31, 2020 BY 10:00 PM**

